

Fitness Classes - Seneca@York

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SENECA YORK FITNESS CLASS SCHEDULE

September 10 - October 17, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4:30-5:30pm SOCA (Victoria)	5:00-5:45pm DANCEHALL (Kofi)	
		5:30-6:30pm HIP HOP FUSION (Victoria)	5:45-6:45pm AFRO BEATS (Kofi)	

Location: Fitness Centre, Studio

Register via our Seneca Recreation portal or App.
Registration opens 10 days before class. Drop ins welcome.
Check-in required when you attend class.



SENECA YORK FITNESS CLASS DESCRIPTIONS

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AFRO BEATS: Learn Afro dance basics, choreography, and styles like Azonto, Dancehall, Afrobeat, and Amapiano – open to all levels.

DANCEHALL: Explore Dancehall through energetic beats, expressive moves, and signature styles like isolations and quick footwork.

HIP HOP FUSION: Focus on the foundations, grooves and musicality followed by choreography. All levels welcome.

SOCA: A vibrant high-energy dance style that builds core control, boosts cardio, and welcomes all levels.

Location: Fitness Centre, Studio